Vegetable oils are about as toxic as it gets: inflammation, oxidative stress, cancer and more

01/01/2024 // Ethan Huff // **1.2K** Views

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You have probably heard about the "dirty dozen," but what about the "hateful eight?" The hateful eight refers to the eight most damaging vegetable oils that pollute the food supply and destroy human health.

Dr. Simon Goddek compiled information for an X

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1) Sunflower oil

2) Soybean oil

3) Cottonseed oil

4) Safflower oil

5) Corn oil

6) Rice bran oil

7) Grapeseed oil

8) Canola oil

All eight of these vegetable oils are heavily processed well beyond the point of being even remotely healthy or nutritional.

Dr. Simon Goddek
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Today, I am going to red-pill you about vegetable oils. Make sure you bookmark and share this post:

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(Related: Earlier this year, researchers discovered that vegetable oils like soy and canola have "remarkable estrogenic properties.")

Vegetable oil consumption linked to early death

In his post, Dr. Goddek, a PhD scientist in biotechnology and science journalist who works as CEO of Sunfluencer, provides *seven* reasons why vegetable oils from the hateful eight should

be avoided at all costs:

1) **Vegetable oils are unnaturally extracted and processed**

Unlike coconut and olive oil, both of which are extracted through simple pressing, seed oils like canola, soybean, and corn have to be extracted with heat and harsh chemical solvents such as petroleum, which in turn oxidize and convert them into health-destroying trans fats.

2) **"Vegetable" is a misnomer – the hateful eight oils are toxins**

They might sound nice being called "vegetable" oils and all, but the truth is that the hateful eight are industrial seed oils that, prior to the 20th century, never, *ever* would have been consumed as food. In 1900, almost nobody consumed vegetable oils; today, the average person consumes 70 pounds of them per year.

"This dramatic increase corresponds with a surge in chronic health issues, suggesting a link between seed oil consumption and modern diseases," Dr. Goddek explains.

3) **Industrial seed oils loaded with inflammatory omega-6**

Unlike saturated fats that are good for the body, industrial seed oils are mono- and polyunsaturated oils that are high in omega-6 fatty acids, especially linoleic acid, which are a precursor to pro-inflammatory eicosanoids.

"These molecules can cause chronic inflammation and contribute to autoimmune diseases," Dr. Goddek says. "The excessive consumption of Omega-6, without the balance of Omega-3, exacerbates these health issues."

4) **Vegetable oils cause oxidative stress, cancer**

Linoleic acid and other omega-6 fatty acids create a host of health problems in the body, not the least of which include oxidative stress, mitochondrial dysfunction, and genetic damage. This in turn can lead to the growth of cancer tumors with some studies suggesting that diets rich in vegetable oils come with a 400 percent increased risk of metastasis.

5) **Vegetable oils contribute to death**

A seven-year study found that consuming vegetable oils leads to a 62 percent increased risk of all-cause mortality, which is higher than the death risk associated with heavy smoking or obesity.

6) **Consume vegetable oils, destroy your heart**

The Minnesota Coronary Experiment further found that consuming vegetable oils like co and margarine increases heart attack risk by 86 percent, despite vegetable oil consumers having lower cholesterol levels.

7) **Vegetable oils increase cardiovascular death risk by 700 percent**

Another study called the MARGARIN study found that consuming vegetable oils increases one's risk of suffering a stroke, heart attack, or cardiovascular death by 700 percent compared to people who consume more heart-healthy omega-3 fatty acids.

Are your dietary staples contaminated with toxic vegetable oils? Find out more at FoodScience.news.

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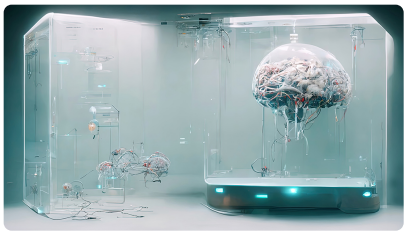

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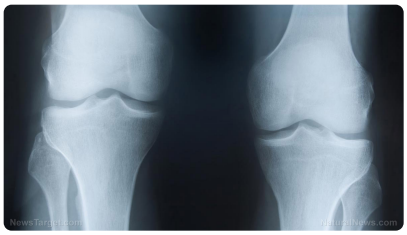

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